



4. Erfurt Marathon

Erfurt / 19.08.2017

Detailed evaluation

LITJENS, Paul

Club: dolichos

Number: 58

Course: 42.30 km

Marathon Einzel

Category:

Männer

Total time: 4:18:02

Speed: 9.77 km/h

Running performance: 6:06 min/km

Rank in course/Total: 33 (of 63)

Rank in course/Men: 30 (of 56)

Best time in course: 2:59:40

Rank in category: 30(of 56)

Best time in the category: 2:59:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nördlichster Punkt	4.90	24:12	4:56	24	5:30	24	5:30	4.90	24:12	4:56	24	5:30	24	5:30
Wechselstelle 1	5.40	29:42	5:29	23	9:09	23	9:09	10.30	53:54	5:13	23	12:43	23	12:43
Wechselstelle 2	11.70	1:10:08	5:59	28	20:16	28	20:16	22.00	2:04:02	5:38	27	32:39	27	32:39
Südlichster Punkt	5.50	37:16	6:46	35	12:36	35	12:36	27.50	2:41:18	5:51	29	45:15	29	45:15
Wechselstelle 3	4.00	27:57	6:59	32	10:12	32	10:12	31.50	3:09:15	6:00	30	55:27	30	55:27
Erfurt	10.80	1:08:47	6:22	30	22:55	30	22:55	42.30	4:18:02	6:06	30	1:18:22	30	1:18:22